What is claimed is:

1. A therapeutic bag for treating injury and relieving associated pain comprising:

a chamber having a mouth and an interior containment pocket;

a mechanism for retaining a hot or cold material within the chamber; and

an attachment mechanism fixedly attached to the therapeutic bag for positioning and holding the chamber in a desired location.

2. The therapeutic bag of claim 1 wherein the mechanism for retaining comprises a mechanism fixedly attached to the chamber for sealing the interior containment pocket closed in a substantially leak-proof manner.

3. The therapeutic bag of claim 2 wherein the attached mechanism comprises a zip-lock type closure seal attached to the interior containment pocket of the chamber proximate the mouth of the chamber.

4. The therapeutic bag of claim 1 wherein the chamber comprises a first wall and a second wall, each wall comprises two side edges, a top edge and a bottom edge, the first wall and the second wall being joined along their two side edges and their bottom edges to form the interior containment pocket, the top edges being unattached to form the mouth for filling the chamber.

5. The therapeutic bag of claim 4 wherein the chamber comprises a substantially waterproof container.

6. The therapeutic bag of claim 5 wherein the first wall and the second wall are heat sealed together along at least their two side edges.

7. The therapeutic bag of claim 6, each wall further comprising an inside surface and an outside surface, wherein the outside surface of each wall has an insulating outer layer attached thereto.

8. The therapeutic bag of claim 7 wherein the insulating outer layer is laminated to the outside surface of each wall.

9. The therapeutic bag of claim 7 wherein the insulating outer layer is adhesively attached to the outside surface of each wall.

10. The therapeutic bag of claim 4 wherein each wall comprises at least an outer layer, a middle layer, and an inner layer.

11. The therapeutic bag of claim 10 wherein the outer layer comprises non-woven polypropylene, the middle layer comprises nylon, and the inner layer comprises white linear low-density polyethylene.

12. The therapeutic bag of claim 1 wherein the chamber further comprises a top edge, two side edges and a bottom edge, and wherein the attachment mechanism comprises:

a first pair of tie strings attached to the therapeutic bag proximate the bottom edge of the chamber; and

a second pair of tie strings attached to the therapeutic bag proximate the top edge of the chamber.

13. The therapeutic bag of claim 12 wherein the tie strings extend outwardly from the bag substantially perpendicular to the side edges of the bag, and wherein the tie strings comprise a length sufficient to be wrapped and tied around a predetermined portion of a person's body to hold the chamber securely in place.

14. The therapeutic bag of claim 1 wherein the therapeutic bag is reusable.

15. The therapeutic bag of claim 1, wherein the chamber further comprises a top edge, two side edges, a bottom edge and an exterior surface, and wherein the attachment mechanism comprises an attachment wrap.

16. The therapeutic bag of claim 15 wherein the attachment wrap is attached to the two side edges of the chamber.

17. The therapeutic bag of claim 15 wherein the attachment wrap comprises a stretchy woven elastic compression bandage.

18. The therapeutic bag of claim 15 wherein the attachment wrap extends outwardly from the bag substantially parallel to the side edges of the ice bag, and wherein the attachment wrap comprises a length sufficient to be wrapped and secured around a predetermined portion of a person's body to hold the chamber securely in place.

19. The therapeutic bag of claim 18 wherein the attachment wrap further comprises a fastening mechanism for securing the attachment wrap.

20. The therapeutic bag of claim 19 wherein the fastening mechanism comprises at least a hook portion of a hook-and-loop type fastener

21. A method of making a therapeutic bag for treating injury and relieving associated pain comprising:

providing two walls of material, each wall having four edges, an inside surface and an outside surface;

providing a closure mechanism;

placing the two walls of material together with their respective inside surfaces facing one another,

joining the two walls of material together along three of their respective edges to form a pocket;

leaving the two walls of material unjoined along their fourth respective edges to form a mouth;

joining the closure mechanism to the inside surfaces of the two walls of material proximate the mouth;

attaching an attachment mechanism to the pocket.

22. The method of claim 21, wherein the closure mechanism comprises a zip-lock type closure seal and wherein joining the closure mechanism to the inside surfaces of the two walls of material further comprises joining the zip-lock type closure seal to the inside surfaces of the two walls of material using at least one of the following methods: heat sealing, gluing and bonding.

23. The method of of claim 21, further comprising joining the two walls of material together along three of their respective edges to form a pocket using at least one of the following methods: heat sealing, gluing and bonding.

24. The method of claim 21, further comprising attaching the attachment mechanism to the pocket using at least one of the following methods: heat sealing, gluing, bonding and stitching.

25. A method of making an ice bag for treating injury and relieving associated pain comprising:

providing a layer of non-woven polypropylene, a layer of nylon, a layer of white linear low-density polyethylene, a closure mechanism, and an attachment mechanism;

laminating the layer of non-woven polypropylene to the layer of nylon to form a double layered section;

laminating the layer of white linear low-density polyethylene to the layer of nylon on the double layered section to form a triple layered section;

placing the closure mechanism between two of the triple layered sections, wherein the two triple layered sections have their polyethylene layers facing one another;

joining the closure mechanism to the two triple layered sections;

joining the two triple layered sections together to form a bag; and

attaching the attachment mechanism to the bag.

26. A method for therapeutically treating injury and reducing associated pain comprising:

positioning a therapeutic bag of claim 1 such that the chamber is in proximity to an area to be treated and securing the therapeutic bag utilizing the attachment mechanism.

27. The method of claim 26 further comprising the step of filling the chamber of the therapeutic bag with a cold material or a hot material.

28. The method of claim 27 further comprising leaving the bag in place until the hot or cold material nears ambient temperature.